

BUCKET HANDLE MENISCUS REPAIR PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks Please contact office for renewal as needed

Weeks 0-2 PROM 0-90 degrees – progress slowly. Focus on full extension. Effusion control Weeks 2-6 WBAT with brace in full extension, d/c crutches when comfortable Brace locked at full extension while ambulating and sleeping Active/passive ROM 0-90° with emphasis on full extension Heel slides, quad sets, patellar mobilization, ankle pumps Straight leg raises (without brace when able to SLR without extension lag) Weeks 6-8 Continue exercises from weeks 0-6 Unrestricted ROM, however no weight bearing past 90° flexion D/c brace when quad strength adequate for ambulation Mini-squats, weight shifts, initiate step down program Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch Proprioceptive training Avoid tibial rotation Weeks 9-12 Unrestricted ROM even with weight bearing Advance closed chain strengthening and bike exercises Leg press and lunges (start initially with body weight only) Progressive squat program Initiate step down program Leg press and lunges (start initially with body weight only) Proprioceptive training Weeks 13-16+ Begin jogging and progress to running		
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Weeks 13-16+ • Begin jogging and progress to running		Proprioceptive training
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 Progress strengthening and flexibility exercises 		Progress strengthening and flexibility exercises
• Single leg exercises		Single leg exercises
Sports-specific exercises		Sports-specific exercises